

JUICE Womens Softball Team

TO: Guam Department of Public Health and Social Services

SUBJECT: JUICE Womens Softball Team COVID-19 Mitigation Plan

The purpose of this document is to provide a mitigation plan and guidelines to participate in non-contact sporting events and activities in accordance with the Organized Sports, Non-Contact Training and Competition Executive Order 2021-04.

A. **COVID-19**

The virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die.

COVID-19 is a spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing, speaking, and even just breathing. COVID-19 can also be spread by touching objects where contaminated droplets have landed followed by touching of mouth, nose, or eyes. Due to this easy manner of transmission, an infant, child, young person, or adult who is infected with COVID-19 can spread the infection to others they come in close contact with, such as members of their household, coaches and players. Infected persons with mild or even no symptoms can spread COVID-19.

B. **Non-Contact Sporting Events/Activities**

Due to these risks, sports organizations are adopting and implementing return to play protective guidelines to mitigate the risks of COVID-19 transmission.

All players who participate in the sporting events should not play if they exhibit any symptoms of COVID-19. They should seek COVID-19 testing promptly and report results to team staff and sports organization officials given the implications for other participants, families, and staff. Parents of minor participants and adult participants should protect any vulnerable persons in the same household with whom they come into frequent, close contact. They should also be aware of the enhanced risks for those age 65 or over and/or with compromised immune systems for 14 days after such frequent, close contact.

C. Team Mitigation Guidelines

The following guidelines in which the team are required to abide in accordance with the recent updates on the Guidance Memo 2021-08: use of face masks; physical distancing; health and hygiene; health and safety of athletes, coaches, officials, and spectators; and cleaning and disinfection.

1. Use of Face Masks:

- Staff are to wear face covering whenever within 6 feet of another player, staff member, or parent/guardian.
- Players are to wear face coverings in close contact areas (such as: dugouts, bleachers, or within 6 feet of a person not of the same household).
- Parents and spectators are to wear face coverings whenever they are at the event and within 6 feet of a person not of the same household.

2. Social Distancing:

- All staff, players, parents/guardians and spectators not of the same household are to practice social distancing of 6 ft. whenever possible.
- Staff, players, parents/guardians, and spectators are not to congregate prior to the event and should stay in cars until right before warm-ups and should avoid other groups that are leaving the prior event. Team staff, players, parents/guardians, and spectators are to quickly exit after the event and go directly to their cars without congregating with other teams or spectators in common areas.
- During pre-game, players and staff are to maintain the 6 feet distance if possible, during warm-ups and drills and are to only have close contact during actual competition.

3. Health and Hygiene:

- Staff, players, parents/guardians, and spectators are to practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use hand sanitizer (at least 60% alcohol), abstain from touching their face (mouth, nose or eyes), refrain from spitting, and cover their cough or sneeze with a tissue and throw tissue in the trash. In addition, players and staff are to carry their own hand sanitizer.
- Player provided equipment are to be kept in a bag and be spaced to encourage social distancing. Players are encouraged to bring their own disinfectant wipes to wipe down their own equipment between use.
- The use of team provided equipment are to be limited to the greatest extent possible and disinfected between each use. Balls are to be disinfected whenever possible and an adequate supply to be kept on hand.

4. Health and Safety of Athletes, Coaches, Officials, and Spectators:

- If a coach or player has tested positive for COVID-19, exhibits symptoms but has not been tested, or has had close contact with a person who tested positive, such coach or parent/guardian on behalf of player must immediately notify Department of Public Health and Social Services and must remain in quarantine. Return to activity will be cleared by the COVID-19 coordinator based on CDC guidance.
- If a coach, player, parent/guardian, or spectator exhibits symptoms during an event, they are to be separated immediately and sent home or to a health care facility depending on the severity of the symptoms.
- Players, staff, parents/guardians, and spectators are to stay home when they are showing signs of COVID-19, have a temperature greater than or equal to 100.4 degrees Fahrenheit, or have had close contact with a person with COVID-19. Screening will be observed every event.
- No team or dugout coolers provided. Parents/guardians are to provide separate marked water bottles or sports drink for their child.
- A strict no contact policy will be observed for customary game-related activities such as pre-game coaches' handshakes, umpire-coach-player introductions, and post-game handshakes between members of opposing teams. Instead, officials, players, and coaches are to use verbal queues such as saying, "good game", without shaking hands, high-fiving, or fist-bumping.
- Athletes, coaches, spectators and/or officials will be screened for signs and symptoms of COVID-19 to include fever, cough, sore throat, shortness of breath, close contact or caring for someone with COVID-19, and temperature check (if higher than 100.3 degrees Fahrenheit), upon arrival for training and competition. A written logbook for screening questions will be recorded and maintained for a period of 30 days from the date of screening and will be readily available to DPHSS, when requested. The following information will be kept:
 - o Date and time of the visit of every individual;
 - o Name of individual(s);
 - o Individual's phone and/or email.

5. Cleaning and Disinfection:

- Team staff are to wipe down and sanitize all dugout and other sideline seating areas including railings and equipment racks.
- After the completion of the event, the team staff are to remove and dispose of all trash.
- After every event, players and staff should take a shower and wash all clothes.

D. Staff Checklist

- Inform parents (for youth players) and/or players about actions that the sports program will take to protect players. Remind them to stay home if sick or if they have been around someone who is sick.

- Wear a mask and encourage family members, fans, officials, and sports staff to wear one during practices and games.
- Provide hand sanitizer with at least 60% alcohol to players before and after practice/game and encourage them to wash their hands with soap and water.
- Educate players about covering coughs and sneezes with a tissue or their elbow. Discourage spitting.
- Remind players about social distancing and identify markers (such as signage or tape on floor).
- Encourage your players to focus on building their individual skills and cardiovascular conditioning, so they can limit close contact with other players.
- Check with your sports administrator to make sure they are following cleaning and disinfection recommendations.
- Clean and disinfect frequently touched surfaces on field, court, or play surface (such as drinking fountains) at least daily or between use.
- Clean and disinfect shared equipment.

All guidelines and checklists listed above will be required and followed by the team staff, players, parents/guardians and spectators.

For any questions, please contact Joycelyn Bukikosa-Blas at 671-864-6161.

JMBUKIKOSA-BLAS

Joycelyn Bukikosa-Blas